



Sitaram Beach Retreat

Panchakarma treatment – 14N

All-inclusive healing journey based on the science of Ayurveda, with first-class service and quality. Uniquely designed for each person based on daily consultations with highly qualified Ayurvedic doctors.

The stages in panchakarma are similar to a vessel cleaning process. For the clean-ing to be effective so that most of the sticky waste is removed from the body, the toxins have to be dissolved. As a detergent helps in removing grease from a plate, ghee (melted, clarified butter) which acts as a harmless detergent, is used in panchakarma for dissolving the glue in the body.

**** Please note - Rates are subject to adjustment based on prevailing market exchange rates at the time of invoicing**



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Sitaram Beach Retreat

Panchakarma treatment – 14N

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Single – Euro 3255

Double – Euro 4687

Panchakarma Treatment – 21N

Single – Euro 4687

Double – Euro 6835

Package Includes:

- 🌿 Daily Ayurvedic treatments as prescribed by the doctors (90mins/day).
- 🌿 Accommodation as per the selected category.
- 🌿 Full-board Ayurvedic vegetarian meals.
- 🌿 Daily Ayurveda Doctor consultation.
- 🌿 Daily group Yoga and Meditation sessions.
- 01 Airport transfers from and to Cochin International Airport.
- 🌿 Ayurvedic medicines during the stay.
- 🌿 All current applicable taxes as per GST rule.

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